



# Coastrek Sydney 2026 - 50km Event

## ROUTE INFORMATION

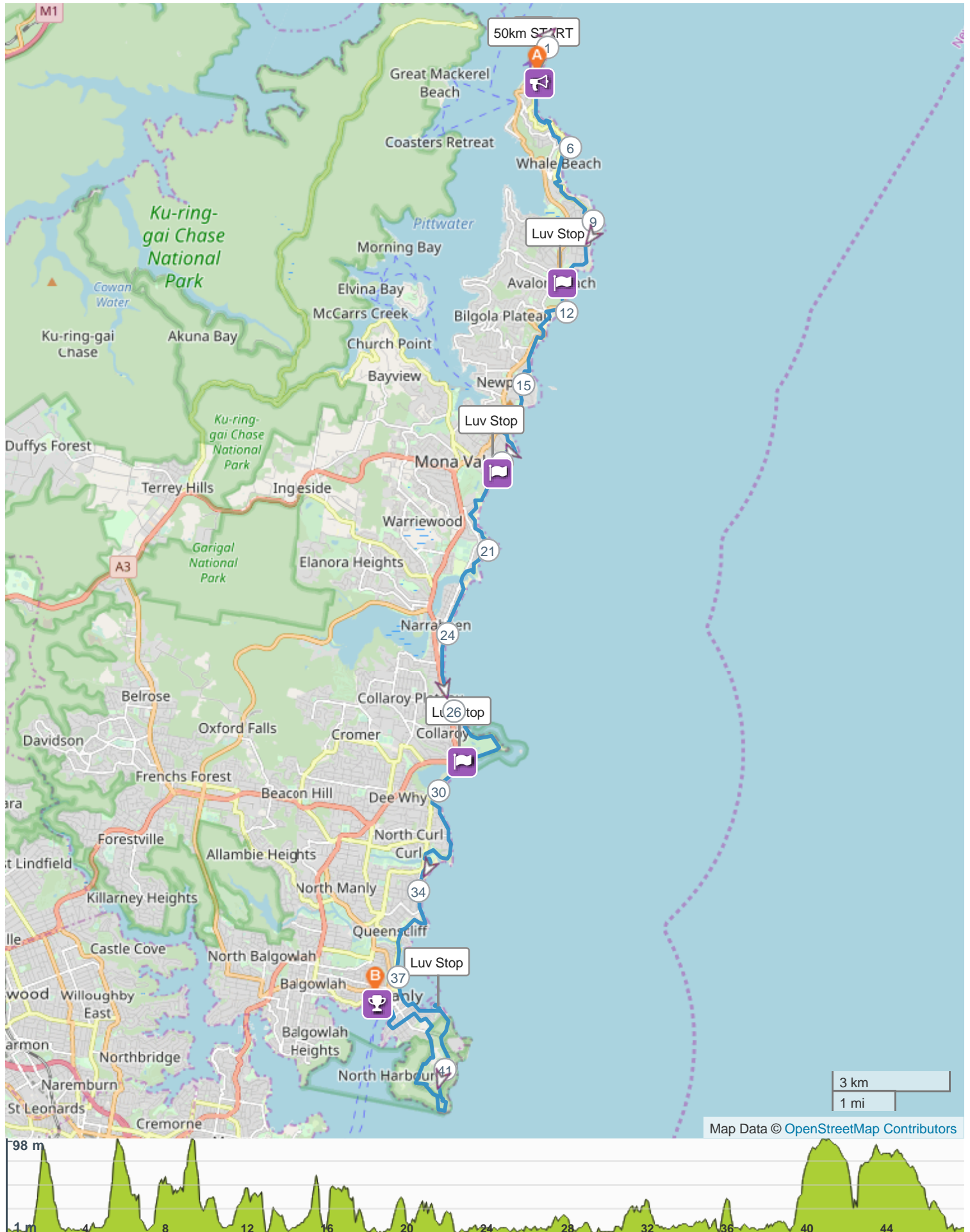


ROUTE LENGTH	47.835 km
ASCENT	1054 m
DESCENT	1050 m
HILLS	⬆ 42.8%   ⬇ 42.6%   ➡ 14.7%
TERRAIN	Mixed 🌲🌳
START	<b>LAT:</b> -33.591064, <b>LNG:</b> 151.325265






## NOTES


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## ROUTE DIRECTIONS


No	Km	Turn	Directions
1	0.000		 50km Start
2	0.009		Head north towards Barrenjoey Headland - woohoo!
3	0.904	←	After 900m on the beach, turn left to exit the beach
4	1.163	→	As you reach the other side of the peninsula, turn right
5	1.254	↗	After 90m along the sand, turn right after the house at 1199 Barrenjoey Rd. You will see a sign for Barrenjoey Headland. Take the stairs on your right, to follow the Smugglers Track
6	1.727	↙	Turn left onto Barrenjoey Lighthouse Track
7	1.738		FUN FACT: The Barrenjoey Head Lighthouse is a heritage-listed lighthouse built in 1881 & stands 113 metres above sea-level
8	2.485	→	Keep right towards the house at 1199 Barrenjoey Rd
9	2.531	↖	Turn left to follow the coast South on Fishermans Track, along the sand
10	2.923	↖	After 390m on the sand, turn left
11	3.106	→	Turn right to walk along Palm Beach. Please keep off Ocean Road as buses / vehicle travel quickly & there are blind corners, so you may not be seen
12	4.861	←	Once you reach the Palm Beach rockpool at the southern end of the beach, ascend the steps above the pool
13	5.040		When you reach Florida Road, go right for 20m, cross Florida Rd carefully (a traffic marshal will be here to assist you), then turn left to go up a house driveway, named Rockridge. Don't worry that's the right way!
14	5.090	→	Go up driveway for 50m & veer slightly left into smaller driveway (1A Rockridge), then continue to veer left to access a bush track (Public Land sign). Follow the track to Rock Bath Road
15	5.431	↖	Turn left onto Pacific Road (Caution! No signpost or footpath!)
16	5.772	←	Turn left on Norma Rd
17	6.149	→	Turn right onto Whale Beach Rd (a traffic marshal will be here to assist you)
18	6.502	←	Turn left down the Public Pathway steps (opposite house number 242 Whale Beach Rd)
19	6.612	→	Turn right to walk along Whale Beach
20	7.324	→	At South end of Whale beach, go up onto the pathway, past toilets & then right onto Malo Road
21	7.446	←	Turn left onto Whale Beach Road, keeping to the footpath
22	8.706	←	Turn left onto Bangalley Head Walking Track, opposite 60 Whale Beach Rd
23	9.254	→	Follow main track up to top of headland. Here there is a vague track intersection (alongside a rock outcrop on LEFT & a sign that reads 'Loop Trail' on its Southern side). Take left fork of the track up over the rock outcrop past a wooden marker-post to the very edge of the cliff-top (Caution! No guard-rail!). This is Blue Tongue Lookout, with incredible views North to Barrenjoey
24	9.605	↖	Follow track down to the open grassy area at edge of North Avalon cliff line

No	Km	Turn	Directions
25	9.784	←	Turn left onto Marine Pde
26	10.566	←	Turn left at Avalon Beach carpark and walk down onto the beach
27	10.697	→	Turn right to walk along Avalon Beach
28	11.172		 Luv Stop - Avalon
29	11.243	↖	Exit the Luv Stop & continue up the steps to the headland
30	11.528		Caution: Be mindful of cars & take care walking alongside Barrenjoey Rd
31	12.141		Caution: Be mindful of cars & take care walking along Serpentine Rd
32	12.644	←	Take the stairs down to Bilgola Beach
33	13.054	←	Exit Bilgola Beach at the SLSC carpark and ascend the wooden stairs to the west (signed as Bilgola South Head)
34	13.139		Follow the bush path around the Bilgola headland
35	13.684	↖	Turn left towards Newport beach
36	14.650	→	Exit the beach & turn right onto Calvert Parade
37	14.695	←	Turn left onto Myola Rd
38	15.444		Cross Bungan Head Rd and take the steep driveway towards Bungan Beach
39	15.663	↗	Turn right to walk along Bungan Beach
40	15.902	↗	Halfway along, turn right to exit Bungan Beach between the dunes. Enjoy the steep driveway!
41	16.124		Caution: turn left, be mindful of the cars & take care along Barrenjoey Rd
42	16.547		Turn left at Hillcrest Ave, keeping to the footpath
43	17.555	↙	At the Grandview Pde dead end, turn sharp left to continue on the bush track towards Mona Vale Beach
44	17.735	↘	Turn right to walk along Mona Vale Beach
45	18.308	↖	 Luv Stop - Mona Vale
46	19.123	→	Exit Mona - Exit Mona Vale beach at the Southern end, at Robert Dunn Reserve
47	19.302	←	Turn left to follow Narrabeen Park Pde
48	19.735	←	Turn left & take the stairs down to Warriwood Beach
49	19.960	↗	Turn right to walk along Warriewood Beach
50	20.143	↖	Exit Warriewood Beach at the Southern end, and ascend the grassy bank to the far (Eastern) corner of the Warriewood SLSC
51	20.244	↖	Follow Warriewood walking track past the lookout, through Warriewood Park & towards Turimetta Head lookout
52	20.529	↖	On your way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left & follow track out to the Eastern-most point
53	21.113	←	Veer left to continue around Turimetta Headland
54	21.184	↖	Turn left down the stairs towards Turimetta Beach

No	Km	Turn	Directions
55	21.590		Exit Turimetta Beach at the Southern end, via the bush track
56	21.677		Walk through the grassy clearing and continue on the bush track towards Narrabeen Head
57	21.961	➤	Turn sharp right to continue on the Narrabeen Headland bush track
58	22.086	←	Turn left to continue on Narrabeen Headland bush track
59	22.124	➔	Take the wooden stairs down towards Narrabeen Lake carpark
60	22.465		Cross Narrabeen Lagoon via the Ocean St footbridge
61	22.587	➔	Turn left into the carpark then up the stairs towards North Narrabeen SLSC.
62	22.749	➔	Turn right onto Narrabeen Beach - enjoy the walk!
63	25.865		Exit Narrabeen Beach at the Southern end, just after The Collaroy. Continue along the foreshore concourse
64	26.159		Turn right up the stairs just before the public toilets towards Stanley & Florence Twight Reserve
65	26.246		Continue along the grassy verge immediately East of the houses, towards the stairs descending to Fisherman's Beach/The Basin
66	26.627		Continue along Fisherman's Beach & past the Long Reef Golf Course clubhouse. Follow footpath & grassy verge to the East end of Long Reef Headland access road
67	27.013	↖	Carefully cross the road to join the Bicentennial Walkway (after the carpark) that will take you around Long Reef Headland
68	27.443	↗	Veer right to continue on Bicentennial Walkway
69	27.790	➔	Veer right to continue on Bicentennial Walkway
70	28.290		Keep right onto Bicentennial Walkway
71	28.357		Turn slight left onto Bicentennial Walkway
72	28.835		Keep left onto Bicentennial Walkway
73	28.877		 Luv Stop - Long Reef
74	28.906	←	Exit the Luv Stop and head down onto Long Reef Beach towards Dee Why
75	30.308		Turn left - Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop
76	30.406	↖	Exit Dee Why beach & walk along the path towards Dee Why pool
77	30.633	↗	Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath
78	30.789		Turn left onto the bush track around the headland, keeping to the track around the outer edge
79	31.803	↖	Keep left onto Cobbers Way
80	31.883		Follow the path along the lagoon.
81	32.075	➤	Turn sharp right onto Cobbers Way
82	32.322	↙	Take the path down to the lagoon
83	32.356	➤	Follow the track alongside the lagoon



No	Km	Turn	Directions
84	32.869	←	Turn left & walk over Griffin Rd bridge
85	32.967	←	Turn left to follow the path into the park
86	33.187		Continue along the path along Curl Curl beach
87	34.137	→	Turn right up the stairs
88	34.720		At the end of the coastal pathway turn right up the stairs
89	34.736	↙	Turn left at Lumsdaine Dr, keeping to the footpath
90	34.850	↖	Continue on the footpath around the Mackillop carpark
91	35.075	↗	Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach
92	35.288		Turn left to walk along Freshwater Beach
93	35.633	↖	Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge Rd
94	35.862		Continue straight on Bridge Rd, over to the Queenscliff lagoon
95	36.190		Continue on the path following along beach
96	37.871	↖	Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach
97	38.780	↖	Turn slight left onto Bower Street
98	38.799	↖	Turn left and follow the path around Shelly Beach Reserve
99	39.302	←	Turn left onto Blue Fish Track
100	39.482	→	Turn right onto Blue Fish Track
101	39.584		Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path
102	39.603	↓	Turn right onto Blue Fish Track
103	40.167	↖	Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr
104	40.284		Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!)
105	40.428		Continue straight at Gunner Rd
106	40.522	↗	Keep right onto the Avenue of Honour
107	41.263		At the fork, keep left to continue on the Avenue of Honour
108	41.395	↖	At the next fork, veer left to continue on the Avenue of Honour
109	41.473		FUN FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War
110	41.748	←	Turn left to follow the North Head Scenic Drive
111	41.930	←	Turn left onto Fairfax Walking Track
112	42.522	←	Exit the Fairfax Track & walk towards North Head Scenic Dr
113	42.816	←	Turn left onto North Head Scenic Dr
114	43.131	↘	Cross over the pedestrian crossing & turn sharp right onto North Fort Road
115	43.153	↙	Turn sharp left onto the bush track

No	Km	Turn	Directions
116	43.250	↩	Turn left onto the trail
117	44.092	↗	Keep right towards St Barbaras Ave
118	44.394	↩	Turn left onto North Fort Road
119	44.614	↗	Turn slight right onto North Head Scenic Drive
120	45.109	↩	Turn right onto Bluefish Dr, then sharp left onto the trail
121	45.316	↙	Turn left through the wall & gate towards St Patrick's
122	45.754	➔	Turn right down the stairs
123	45.867	↩	Turn left onto Montpelier Place
124	45.885	➔	Turn right onto Reddall Street
125	46.042	↖	Turn left onto Addison Rd
126	46.699	➔	Turn right onto Stuart St
127	46.864	➔	Turn right onto East Esplanade
128	46.912		Keep left to follow the path down towards Manly Cove past the Manly Yacht Club
129	47.108		Follow the Manly Cove foreshore past Manly Wharf
130	47.797	↩	Turn left
131	47.835		 Finish Village - woohoo!